

**AMENDMENTS TO THE CLAIMS**

1. (Currently Amended) An exercise harness for use with a door, comprising ~~[[an elongated]]~~ a flat, flexible strap, a pair of hand grips attached to opposite ends of the flat, flexible strap, and an anchor attached to the flat, flexible strap midway between the hand grips and extending laterally from opposite sides of the strap for engagement with the door with the flat, flexible strap passing between an edge of the door and the adjacent jamb, and the anchor and the hand grips being positioned on opposite sides of the door.

2. (Original) The exercise harness of Claim 1 wherein the hand grips comprise lengths of flat, flexible material which are formed into loops and attached to the ends of the strap by buckles.

3. (Currently Amended) The exercise harness of Claim 1 wherein the anchor is a buckle, and the flat, flexible strap is folded back upon itself about a central portion of the buckle.

4. (Currently Amended) In combination: a door mounted in a jamb, a pair of ~~[[elongated]]~~ flat, flexible exercise straps passing between an edge of the door and the jamb, hand grips attached to the flat, flexible straps on one side of the door, and an anchor attached to the straps on the side of the door opposite the hand grips and extending laterally from opposite sides of the straps in engagement with the door and the jamb for retaining the straps against the pull of an exerciser on the hand grips.

5. (Currently Amended) The combination of Claim 4 wherein the straps are end portions of an elongated ~~[[flexible]]~~ strap which is folded back upon itself, ~~and the buckle is attached to the strap between the end portions~~ about a portion of the anchor.

6. (Currently Amended) The combination of Claim 4 wherein the hand grips comprise lengths of flat, flexible material which are formed into loops and attached to the straps by buckles.

7. (Original) The combination of Claim 4 wherein the anchor is a buckle.

8. (Original) An exercise device adapted for use with a door mounted in a jamb, comprising an elongated strap which is flat and flexible, a hand grip and an anchor attached to opposite ends of the strap, the strap being adapted to pass between the door and the jamb, with the anchor and the hand grip on opposite sides of the door, and the anchor extending laterally from opposite sides of the flat strap and abutting against

the door and the jamb to retain the strap in position when a pull is exerted on the strap by an exerciser.

9. Cancelled.

10. (Currently Amended) The exercise device of Claim [[9]] 8 wherein the ~~elongated elements are flexible straps~~ hand grip comprises a length of flat, flexible material which is formed into a loop and attached to the end of the strap by a buckle.

11. (Currently Amended) A method of exercise, comprising the steps of: passing a pair of [[elongated]] flat, flexible straps between an edge of a door and a jamb, retaining the straps in place with an anchor which projects laterally from opposite sides of the straps on one side of the door for abutting engagement with the door and the jamb, grasping hand grips attached to free ends of the straps on the side of the door opposite the anchor, leaning away from the door, and doing an exercise while holding onto the hand grips and leaning away from the door so that body weight serves as resistance for the exercise.